

Resources for Promoting Fruits and Veggies

This is an *alphabetical* list of organizations that offer free/low-cost materials/information to enhance your fruit and veggie promotions. For more assistance, call the NH 5 A Day for Better Health Program.

➔ Get a copy of "Fun Website for Kids" today! ➔

NH 5 A Day for Better Health Program www.dhhs.nh.gov/DHHS/NHP	603-271-4830 800-852-3345, Ext:4830 (NH only)	★ Brochures, programming ideas, lending library, display, newsletter.
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Organization Website	Phone Toll free phone	Comments ★ = Ask for catalog or order form.
America the Beautiful Fund http://www.america-the-beautiful.org	800-522-3557	★ Free seeds for school and community gardening projects.
American Cancer Society http://www.cancer.org	Materials, single copies: 800-227-2345 Matls, bulk: 800-527-1977, Ext.229	<i>Enjoy Fruits and Vegetables</i> poster; brochures and other posters.
American Dietetic Association http://www.eatright.org	General number: 800-877-1600 Consumer Hotline: 800-366-1655	★ Educational resources.
American Heart Association http://www.americanheart.org	800-AHAUSA1 = 800-242-8721	School education materials.
Cancer Information Service, NCI http://cancer.gov/cancerinformation	800-4-CANCER = 800-422-6237	Body and Soul Program Guide, DVD, etc. for African American churches.
Cook's Thesaurus http://www.foodsubs.com		Produce facts, photos, etc.
Centers for Disease Control and Prevention, 5 A Day Program http://www.cdc.gov/5aday	770-488-6025; 770-488-6026	Research, data, recipes, fruit and veggie of the month, tips, links, FAQ.
Dole Nutrition Program http://www.dole5aday.com	800-766-7201	CD-ROM, kids cookbook, skit kit, <i>How'd You Do Your 5?</i> chart; <i>5 A Day the Color Way</i> materials, etc.
Florida WIC Program http://www.doh.state.fl.us/family/wic		<i>Give Me 5 A Day!</i> kid's book, lesson plan, and music CD promoting fruit, veggies, physical activity and literacy. Book in English or Spanish.
Girl Scouts of Swift Water Council http://www.swgirlscouts.org	800-654-1270	5 A Day Patch and canned programs.
Keene State College Dietetic Internship http://www.keene.edu/academics/dietetics	603-358-2916	Speakers
Nasco - Fort Atkinson http://www.enasco.com	800-558-9595	★ Nutrition teaching aids, food models.
National Cancer Institute http://www.5aday.gov		Recipes, research; programming ideas and teacher resources.
National Gardening Association http://www.kidsgardening.com	800-538-7476	★ Newsletter, kits, books, grow labs, gardening with kids, school grants.

Organization Website	Phone Toll free phone	Comments ★ = Ask for catalog or order form.
NH Dept of Agric, Markets, and Food www.agriculture.nh.gov	603-271-3788	NH Farm to Restaurant Initiative. Farm Stands, Farmers Markets and more.
NH Dept of Education Bureau of Nutrition http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps.htm	603-271-3646	<i>5 A Day Quantity Recipe Cookbook</i> , Team Nutrition materials for schools and eligible sponsors of Child Nutrition Programs.
NH Dept of Health and Human Services ■ Farmers' Market Nutrition Program ■ WIC Nutrition Program	603-271-4546 800-942-4321 (NH only)	Farmers' market coupons for WIC families and adults 60+ years old. Brochures, recipes.
NH Dietetic Association http://www.eatrightnh.org	603-225-6630	Speakers.
NH Farm to School Program http://www.nhfarmtoschool.org	603-862-4088	Connecting NH farms/farm products to NH classrooms and cafeterias.
NH Surplus Distribution Section http://www.admin.state.nh.us/purchasing	603-271-2602	Fresh produce for eligible NH schools.
PBH (Produce for Better Health Fdn) http://pbhfoundation.org	888-391-2100	★ Incentives, coloring books, posters, brochures; <i>Color Way</i> info; research links.
Produce Promotions http://www.inberry.com	888-575-4090	★ Mylar balloons, flags, aprons, pumpkin decorating/carving kits.
Puzzlemaker http://www.puzzlemaker.com		Make your own word and number games with a 5 A Day theme.
Team Nutrition, US Dept of Agric http://www.fns.usda.gov/tn		Teaching materials, activities, links etc.
UNH Cooperative Extension http://ceinfo.unh.edu	800-FOODLINE = 800-366-3546	Food and nutrition online publications including <i>Smart Choices</i> newsletter.
UNH Cooperative Extension Family, Home and Garden Educ Center http://extension.unh.edu/FHGEC/FHGEC.htm	877-EXT-GROW = 877-398-4769	Home horticulture, nutrition, food safety, food preservation info, and Master Gardener Program.
UNH Dietetic Internship http://www.dieteticinternship.unh.edu	603-862-1456 or 603-862-4723	Speakers.
USDA for Kids http://www.ams.usda.gov/directmarketing/FMColoringBook.htm		<i>Farmer's Market Coloring Book</i> .
Yummy Designs http://yummydesigns.com	888-74-YUMMY = 888-749-8669	★ Mylar fruit and vegetable balloons, games, joke books, T-shirts.